

# 8th MP’s SRT tests readiness, skills

Story and photos by  
**STAFF SGT. TARESHA HILL**  
8th Military Police Brigade Public Affairs  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — It was a day of testing one’s response to threat and honing special skill sets, as employees of the 8th Theater Sustainment Command Health Clinic and members of the Special Reaction Team, 39th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th TSC, reacted to an active shooter drill, recently, here.

It began just after lunch: As employees were working their normal duties, Master Sgt. Matthew Ivacic, noncommissioned officer in charge of the unit’s Law Enforcement Division and active shooter role-player, entered the second floor clinic. He surprised many as he yelled and took aim at anyone in his path.

While many of the clinic’s employees remembered what they were supposed to do and managed to hide in their locked offices, successfully deterring the shooter, some were not quick enough and became victims.

With the employees locked in their offices and the wounded scattered throughout the long hallway, the shooter managed to take the entire floor and

now had hostages. This was the scenario members of the SRT responded to, and though the teams train for these incidents all of the time, it is not until they receive a callout for a drill, such as this, that they actually get to put their knowledge and skills they have learned and honed to the test.

For SRT member Pfc. Justin Bixler, the drill was the culminating event of three months worth of training, and despite being one of the newest additions to the team, he said he is confident himself and of his team.

“This is what we train for all of the time,”

See 8th MP A-4



Members of the Special Reaction Team, 39th MP Bn., 8th MP Bde., secure the floor of the 8th TSC Health Clinic after neutralizing the (role player) active shooter during a drill held March 27.

# New IMCOM director takes responsibility for region

Story and photo by  
**LARRY REILLY**  
U.S. Army Installation Command-Pacific  
Region Public Affairs

FORT SHAFTER — During an assumption of responsibility ceremony held on Palm Circle, here, Dr. Christine T. Altendorf became the third region director for the U.S. Army Installation Command-Pacific Region.

Altendorf will manage a regional staff that provides oversight of multimillion-dollar base operation programs in 12 garrisons located in Alaska, Hawaii, Japan, Korea and Kwajalein Atoll, and is responsible for providing support for approximately 180,000 Soldiers, family members, retirees and civilians.

Halverson added. “I am truly humbled and excited about the opportunity to lead the Pacific Region as its director,” said Altendorf. “The region is known for its cultural diversity, as well as its teamwork and coordination among all its elements, from its garrisons to the communities that they serve, and I was able to witness the teamwork and coordination first-hand during my few weeks here in December.” Altendorf expressed her appreciation for the dedication and hard work her predecessor, Debra Zedalis, brought to the job. “Deb, I truly appreciate you laying the foundation for what I believe is a very gifted and talented organization, which is charged with the



Lt. Gen. David D. Halverson, commanding general, IMCOM, passes the flag to Dr. Christine T. Altendorf during an Assumption of Responsibility Ceremony, Monday, at Fort Shafter. Altendorf became the third regional director for IMCOM-Pacific.

Altendorf succeeds immediate past director Debra D. Zedalis who retired in December. “The Installation Management Command’s mission is to deliver and integrate base support to enable readiness for a self-reliant and globally responsive All Volunteer Army, and in a region such as the Pacific that covers 12 time zones and encompasses many countries, forging relationships are of strategic importance in achieving our mission,” said Lt. Gen. David D. Halverson, IMCOM commander. “Today we welcome a new Pacific Region director in Dr. Christine Altendorf, who not only brings a great deal of engineering and program management experience and skills to the region; she brings a new perspective and vision that will help shape installations and how we do business in the region for years to come,”

challenging mission of support during a time of many changes,” said Altendorf. Altendorf had the opportunity to briefly talk with the region’s garrison commanders and command sergeants major during her visit in December. She plans to meet their garrison teams in the weeks and months ahead to share her command philosophy. “My command philosophy is simple: to be responsive. Being responsive does not equate with always saying yes, but it is a character trait that is necessary when one is working in a support command,” said Altendorf. “We have to hear the issue, understand the problem, analyze it and be innovative and creative to come up with proper courses of action. We have to

See IMCOM A-4

# Broncos earn Expert Inf. Badge

Story and photos by  
**SGT. BRIAN C. ERICKSON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — In 1944, the Army Chief of Staff initiated the development of an award to honor U.S. Army infantryman.

More than 600 “Bronco” Infantry Soldiers were willing to shed blood, sweat and tears for a chance to earn this award named the Expert Infantryman Badge (EIB), March 30-April 10.

“This badge is the pinnacle of being an Army infantryman, and I believe if you are an infantryman, you need to go after this badge,” said 1st Lt. Nick Ondovcsik, platoon leader, Charlie Company, 2nd Battalion, 27th Inf. Regiment, 3rd Brigade Combat Team, “Bronco Brigade,” 25th Inf. Division.

Success would not come easy. Each individual had to go through five days of intense tasks to earn the right to wear the EIB.

Five days prior, 617 infantrymen converged on Area X-Ray to begin the testing for the badge. The first task for everyone was completing the physical training test with a score of 75 in each event, a task that disqualified 250 Soldiers.

For those who passed the PT test, the land navigation course awaited them over on East Range. Candidates had to successfully find different points on the course during the day by

using a compass, protractor and map. After they succeeded in finding their points, they had to come back and do it again after the sun went down.

Living up to its reputation of difficulty, only 92 remained after the Land Navigation portion. For the remaining candidates the next three days of testing would either make or break them.

Each candidate had to successfully complete tasks in areas, such as applying first aid; weapon proficiency; arming and throwing a hand grenade; and protecting against a nuclear, biological and chemical attack – a total of 42 tasks.

The infantryman had to put their Soldiering skills on display and prove that they could perform their duties to standard.

Ondovcsik said he had spent the two weeks leading up to the EIB testing, studying and making sure he knew how to complete each task of the different testing phases. His work paid off as he was one of the few to earn the EIB.

The last tasks for the 48 candidates remaining on day five were to complete a 12-mile ruck march in three hours or less and a weapons proficiency test at the end of the 12 miles. Only one Soldier failed to complete these

See EIB A-4



A candidate for the EIB places a tourniquet on a simulated casualty during the rigorous testing at Area X-Ray, April 2.





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# Innovative technology destroys old munitions

U.S. ARMY GARRISON-HAWAII

Public Affairs

SCHOFIELD BARRACKS — Army officials have brought a state-of-the-art system, here, to destroy several historic munitions, beginning in late April.

The system, known as the Explosive Destruction System (EDS), is visiting Hawaii to destroy 10 World War I/World War II-era chemical munitions that were recovered from the range, here, between 2009 and 2012 during range clearance activities.

“The Army no longer uses these types of munitions,” said Col. Richard Fromm, commander, U.S. Army Garrison-Hawaii. “However, as a matter of safety and environmental stewardship, we have a responsibility to ensure that when we find these types of historic munitions, we also safely destroy them.”

The EDS is the Army’s proven technology to destroy recovered chemical munitions. It provides transportable, on-site treatment and destruction in a contained, environmentally sound manner.

“It’s really an impressive system,” said Rob Snyder, EDS site project manager, Recovered Chemical Materiel Directorate (RCMD), U.S. Army Chemical Materials Activity.

Snyder is part of a joint team from RCMD and the Army’s Edgewood Chemical Biological Center that will be

destroying the munitions.

“There are layers upon layers of safeguards that were built into the EDS design,” Snyder explained. “We utilize redundant containment capabilities coupled with real-time video and air monitoring, to ensure the protection of the system operators, the community and the environment.”

Containment capabilities include the EDS itself, as well as an environmental enclosure surrounding the system. This enclosure is monitored by multiple video and air monitors, and is connected to an air filtration system that filters all air exiting the enclosure. Flooring beneath the enclosure also acts as a safeguard in the highly unlikely event of a spill.

Since its first mission in 2001, the EDS has been used to safely and successfully destroy more than 1,855 items nationwide.

This is the second time the Army has brought a system to Hawaii to destroy recovered chemical munitions. In 2008, the Army used a similar system to successfully destroy 71 munitions containing the same type of chemical fills.

Both efforts involved extensive Army coordination with local, state and federal agencies, to include the Department of Health and Human Services, the Hawaii State Department of Health, and local emergency responders and health care providers, in order to ensure safe,



U.S. Army Chemical Materials Activity

**The Explosive Destruction System is a safe and effective means of destroying chemical munitions. The blast, vapor and fragments are all contained inside the stainless steel chamber.**

coordinated efforts.

Army officials anticipate the 10 munitions will be destroyed in approximately two weeks. All waste resulting from

the operation will be shipped off island to a permitted treatment, storage and disposal facility, per applicable laws and regulations, on the continental U.S.



**500th MI “Vanguards” recite “The Soldier’s Psalm” at the 8th TSC’s dining facility, April 7. The brigade hosted the the USARPAC chaplain, who spoke on the subject of what matters in relationships. The breakfast helped to relieve the feeling of isolation of living on an island far from family and friends on the mainland.**

## 500th MI hosts USARPAC chaplain

“There is no secret to building good relationships,” says Pizarro

Story and photos by

**STAFF SGT. THOMAS G. COLLINS**

500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — The 500th Military Intelligence Brigade Unit Ministry Team hosted Chaplain

(Col.) Michael W. Dugal, U.S. Army-Pacific Command, for the brigade’s quarterly prayer breakfast, here, April 7.

In keeping with the brigade’s “What Matters” initiative, the theme for the prayer breakfast focused on why relationships matter.

“If relationships matter, why do we ignore them,” asked Dugal. “If we are created to be in relational communities and if we are created to experience relationships and if it is part of our DNA to be in relationships, then why do we have a tendency to ignore them?”

“There are three types of relationships, or friendships, if you will, to explain various types of relationships,” Dugal continued. “The first one is a postal friendship: Your Face-Book, your Twitter accounts, your MySpace, where you are known as a posting friend that has no face-to-face or flesh-to-flesh contact.

“Then we have what is known as professional friends. These are those professional relationships where it is our position or our authority that people will befriend us for,” he explained. “We also have personal friendships, the friendships where you are truly dedicated and truly committed to this person. It is easy to be around them because you put them first, you honor

them and you speak words of encouragement to them.”

**We are surrounded by relationships.**

“You touch everybody you come in contact with, you touch their lives in some way and they touch ours,” said Spc. Ralph Pizarro, a native of Lakeland, Florida, and systems administrator, Headquarters and Headquarters Detachment, 500th MI Bde. “You know, even if you don’t realize it ... we affect each other.”

Because we affect each other through our relationships and how we interact with one another, relationships matter.

“There is no secret to building good relationships,” said Pizarro. “You have to just put your heart into it. Be open and open yourself up to others.”

Dugal suggested people take the time to be open so that they may help others.

“During Easter, I was with my sister and her family for a little bit, but I spent the rest of my time with another Soldier who didn’t have any family on island,” said Pizarro. “Here, it’s not like Bragg, Bliss or Hood, where you can drive or take a quick flight home for a weekend. You can feel kind of isolated here on the island.”

Feeling isolated makes the relationships we have with our fellow Soldiers even more critical ... especially if you look at the junior enlisted,” said Pizarro. “Our group is so small; that’s why I like it when the brigade comes together and does things like this. It makes it so you don’t feel like you’re alone.”

“I would ask you what type of friend are you,” said Dugal. “Your relationships matter and you can make a difference.”



**Chaplain (Col.) Michael W. Dugal, , USARPAC, discusses the importance of why relationships matter during the brigade’s quarterly prayer breakfast, April 7. According to Dugal, there are three basic relationship types: inward, vertical and horizontal.**

## FIRST STEPS in FAITH

### Quiet times are reflection times

**CHAPLAIN (MAJ.) ERIK SPICER**

North Community

U.S. Army Garrison-Hawaii

I know life gets busy.

From the time we wake, until we rest at night, the day spins wildly to the point that we just don’t get to enjoy a moment of quiet.

By not having quiet, we are not allowed to reflect on where we are in life, what we are doing and how we are growing.

Not having quiet doesn’t allow us to hear from God because we allow the noise of the world to drown him out and he is silenced in our lives.

However, the Bible says this:

*“Be still before the Lord and wait patiently for him”*

—Psalms 37:7.

In this day and age, we are connected to the world through technology and social media. Old standbys like the TV and radio are always on. We make time for all of that, but what about making time to wait patiently in the quiet?

Maybe it is age; maybe it is a simple mind. But I have come to enjoy those times in life when it’s quiet. Whether it’s time in the house before the family wakes, or time, out early, in the morning on a trail, or sitting at the beach, that time allows my mind to go to the places it needs to. It allows me to focus.

I reflect on Scripture and discern whether or not my life is reaching the standard God set forth, and what I need to do to reach that standard. It is a period to reflect on the needs of others and what I can do to bless them. It is a time of centering my life on the one who made me.

We often come up with excuses as to not have a period of quiet each day. I am guilty, but the benefit of quietly reflecting far outweighs the noise and confusion that fills the rest of our day.

I encourage you to find that time each day where you can be still, unplug and allow God to reach into your life and elevate you to a place he has for you, to live the life that he has planned for you.

You never know how your life could be altered through a few quiet moments.



Spicer

## Voices of Ohana

In support of Month of the Military Child,

**What do you admire most about military children?**

Photos by 25th Infantry Division Public Affairs



“Discipline and resiliency to adapt to new standards is what I admire most.”

**Sgt. 1st Class Karen Broughton**  
Career counselor, HHBN, 25th ID



“The moving all the time and being able to make new friends and overcome the stress of moving to a new environment.”

**Sharesse Collins**  
Family member



“The respect and discipline the children have for their parents who are in the military.”

**Sgt. 1st Class Jayson Oberly**  
3-25th Avn. Regt., 25th CAB, 25th ID



“I like that my daughter is well cultured at such a young age and is adaptive to the military lifestyle of PCSing.”

**Chief Warrant Officer Justin Sloan**  
Intelligence Sust., HHBN, 25th ID



“Their ability to bounce back from moving and deployments.”

**Theresa Wilson**  
Family member



# New leader joins ‘Go for Broke’ battalion

**CAPT. MARYWHITNEY WHITTAKER**  
9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — On a rainy Saturday, the men of the only infantry battalion in the U.S. Army Reserve stood proudly in formation as Lt. Col. Kenneth Tafao took command of 100th Inf. Bn., 303rd Maneuver Enhancement Brigade, 9th Mission Support Command, from outgoing commander Lt. Col. Daniel Austin, during a ceremony, here, April 11.

Pacific Army Reserve Soldiers, family members, retirees and guests gathered for the ceremony presided over by Col. Colbert Low, commander, 303rd MEB.

As the only infantry battalion in the USAR, it is a serious distinction to command a unit with as unique a legacy as the 100th Bn. In fact, Low

sparked some laughter from the crowd assuring them, “This is without a doubt the best infantry battalion in the Army Reserve!”

In welcoming the new commander, Low expressed his faith and confidence in Tafao.

“I know you are well prepared, and we expect much from you, so ... no pressure,” he said. “Remember to be humble and let your actions speak louder than your words. Go for Broke!”

Tafao expressed gratitude to the command and the men of the battalion. He greeted the attendees in both English and Samoan.

“It is a great honor to assume this command. I am thankful for this once in a lifetime opportunity, and I am humbled and honored to serve with you,” said Tafao. “God bless America and Go for Broke!”

Outgoing commander Austin stressed the importance of the unit’s motto, “Go for Broke,” insisting that you don’t stop until you accomplish the mission.

“Sometimes you have to rock the boat to get things done here, but it has to be done in the right way,” said Austin. “Ensure you have full transparency to all stakeholders, but if it is the right thing to do, then ‘Go for Broke.’”



**Lt. Col. Kenneth Tafao, incoming commander, 100th Inf. Bn., passes the colors to Command Sgt. Maj. Beau Tatsumura, senior NCO, 100th Inf. Bn., Saturday. The passing of the colors symbolizes the transfer of authority and responsibility to the incoming commander.**

### 9th MSC Center Name Change

In celebration of 442nd Inf. Regt. legacy, the 9th MSC is renaming its campus to the U.S. Army Reserve Daniel K. Inouye Complex, in honor of the 70th anniversary of Inouye’s heroic actions in World War II, for which he was awarded the Medal of Honor.

The dedication ceremony will take place at Fort Shafter Flats, April 21.



Photos by Capt. Liana Kim, 9th Mission Support Command Public Affairs

**From left, veterans Rikio Tsuda and Jack Nakamura attend the 100th Bn., 303rd MEB, 9th MSC change of command ceremony, Saturday. Soldiers currently serving in the battalion actively support the ‘Go for Broke’ veterans of the battalion to keep their legacy strong. The USAR battalion consists of Soldiers from Hawaii, American Samoa, Saipan and Guam.**

# 599th Trans. ships Tropic Lightning to JRTC

Story and photos by  
**DONNA KLAPOKIS**  
599th Transportation Brigade Public Affairs

PEARL HARBOR — The 599th Transportation Brigade worked around-the-clock port operations, here, from March 31 to April 4 to upload more than 1,600 pieces of 25th Infantry Division cargo destined for the Joint Readiness Training Center at Fort Polk, Louisiana.

To ship all of the equipment at one time, the 599th (in association with its higher headquarters, the Military Surface Deployment and Distribution Command, or SDDC, and U.S. Transportation Command) brought in Military Sealift Command’s large, medium-speed, roll-on/roll-off ship (LMSR), USNS Mendonca.

“Using a single vessel solution to support the entire movement was effective from a cost standpoint, as well as for the Army to maintain better accountability of cargo,” said Scott Matthews, 599th deputy director of operations. “It allowed us to meet an extremely tight movement timeline.”

The Mendonca’s special features also came into play during the move.

“One highlight of the load out was that our team decided to raise the A/B deck on the ship to accommodate the Chinook helicopters for lift via ship’s cranes. That way, they didn’t have to dis-

mantle the aft pylons to take them up the vessel’s stern ramp. This saves the 25th Combat Aviation Brigade a lot of work both on this end and on the other end,” Matthews said.

Because of the size of the operation, the 599th had a large deployment and distribution management team (DDMT) to process the equipment.

“In all, our DDMT consisted of four organizations, three from SDDC and one from Fleet Logistics Center Pearl Harbor,” said Lt. Col. Joshua Vogel, 836th Trans. Bn. commander. “We had eight members of the 836th and Guam Detachment, four from 599th headquarters, and three 841st Trans. Bn. personnel from Charleston, South Carolina.”

The load out provided a unique opportunity for members of the DDMT.

“We were able to practice a contingency load out of a brigade with notification timelines that resembled a wartime contingency,” Vogel said. “It illustrated that we are able to meet the timelines for deploying a DDMT and loading a brigade on an LMSR.”

Sgt. 1st Class Jose Gutierrezquinones, 836th Trans. Bn. operations sergeant, worked the night shift.

“We worked 12-hour shifts during port operations,” Gutierrezquinones said. “We came on at 6 p.m. and left at 6 a.m., except for the last night

when we stayed on through completion of the mission the next day.”

The 599th executed its new stevedoring and related terminal services contract during the operation.

The weather in Honolulu during the operation was clear and humid with highs in the mid-80s. Although ship’s personnel ran huge fans, constantly, to keep air circulating and prevent carbon monoxide poisoning, working conditions were very hot and stuffy below decks.

On April 4, all of the loading and paperwork was done and the vessel departed at 6:30 p.m.

### Medal of Honor Mendonca

According to the Navy’s official site, the ship is named for Army Sgt. Leroy A. Mendonca, a McKinley High School graduate who posthumously received the Medal of Honor for actions July 4, 1951, during the Korean War.

The Mendonca is operated by a private company under contract to Military Sealift Command. The ship is 951 feet, 5 inches long, with a capacity of 300,000 square feet.



**Sgt. 1st Class Paulus Hindarto, movement management operator for the 836th Trans. Bn., Yokohama North Dock, Japan, checks off cargo, April 1, at Pearl Harbor after accounting for it on his handheld device.**



**The 25th ID loads equipment aboard the USNS Mendonca for shipment to Louisiana, April 2. Modifications to the ship meant the Chinook’s aft pylons didn’t need to be removed, saving time.**

# Commo tips offered by IG

**COL. MARY E. ABRAMS**  
Inspector General  
U.S. Army Pacific Command

According to Army Doctrine Reference Publication 22-2, “Army Leadership,” competent leaders know themselves, the mission and the message.

If that is the case, why is there so much confusion and miscommunication?

Leaders owe it to their organizations and their Soldiers to share information that directly applies to their duties. They should provide information that gives context and purpose. Additionally, sharing of information may prepare Soldiers for future duties and greater responsibility.



Abrams

Leaders keep their organizations informed because it builds trust. Shared information helps relieve stress and control rumors. Timely information exchange allows team members to determine requirements and adjust to changing circumstances.

Informing Soldiers of a decision and the supporting reasons shows appreciation and conveys the need for their support and input. Good information flow ensures that the next leader in the chain is sufficiently prepared to take over, if required. The idea is to ensure that the Soldier clearly understands the leader’s vision.

Leaders use a variety of means to share information: Face-to-face talks, written and verbal orders, running estimates and plans, published memos, email, websites, social media and newsletters.

When communicating to share information, the leader must acknowledge two critical factors: A leader is responsible for making sure his or her team understands the information being disseminated, and a leader must ensure that communication is not limited to the traditional chain of command, but often includes lateral and vertical support networks.

The greater use and availability of email, websites and social media have increased the access and speed of information. Leaders, Soldiers and Department of the Army civilians need to be aware of overloading information and must ensure accurate information is conveyed with a good follow up.

Although electronic means of sharing data has made it easier, the leader needs to conduct face-to-face talks with subordinates to ensure they fully understand the mission or information and to receive feedback.

### Disseminating Information

#### ●Limit your message list.

Nothing is more frustrating than being copied on an email chain about a topic that doesn’t concern you. Abuse of the “copy all” function causes receivers to disregard important communications.

#### ●Give frequent updates.

It’s easy to lose perspective when managing several tasks and projects. Schedule summaries of work in progress in order to keep people up-to-date and aware of changes that may affect them.

#### ●Always follow up.

Never assume that an electronic message has been received. Info can be lost in transmission or accidentally deleted by the recipient. Make a habit of regularly following up on important communications.



# PSYOPs persuade, change, influence

**SGT. 1ST CLASS VIDAL TORO**  
Special Operations Recruiting Battalion  
U.S. Army Recruiting Command

SCHOFIELD BARRACKS — Psychological Operations (PSYOP) is a military occupational skill that brings more questions than answers.

What is PSYOP? Is it mind reading? Is it teleporting through walls? Is it staring at a goat until one of you passes out?

You can take off your tin foil hats, and all animals are safe. This article will try to shed some light on the uncertainty and mystery behind PSYOP.

**What is it?**

The activity of conducting PSYOP, also described as Military Information Support Operations (MISO), is the process of influencing perceptions, attitudes and behaviors using strategic thinking and persuading techniques, such as verbal, written, radio and audiovisual broadcast.

The purpose is to induce or reinforce foreign attitudes and behavior favorable to the originator’s objective.

Operations are planned, coordinated and executed before, during and after conflicts, and must be integrated at all echelons in order to achieve their full force-multiplier potential.

The PSYOP Soldier possesses the unique ability to achieve psychological effects in order to shape the behavior of a selected foreign audi-

ence and prevent or deter conflict. Ultimately, the goal of PSYOP is to persuade, change and influence a selected target audience in order to accomplish its mission.

Regardless of the mission or the message, all of the information disseminated by PSYOP personnel is truthful, which is why credibility is vital for mission success.

PSYOP supports three different missions: strategic, tactical and operational.

- Strategic PSYOP** includes informational activities conducted by U.S. Government (USG) agencies outside of the military arena, though many utilize Department of Defense assets.
- Operational PSYOP** is conducted across the range of military operations, including during peacetime, in a defined operational area to promote the effectiveness of the joint force commander’s campaigns and strategies.
- Tactical PSYOP** is conducted in the area assigned to a tactical commander, across the range of military operations, to support the tactical mission against opposing forces.

The active component conducts activities and operations that support strategic and operational USG objectives, while the majority of the reserve component capability is to support



tactical Army and joint forces at the corps/division levels and below.

**Why is PSYOP such a mystery?**

Perhaps, the mystery has a lot to do with the name itself, which explains the new name, MISO.

The term “psychological operations” can portray government mind control or brainwashing through mass communication. PSYOP, however, is neither of those things.

Think of PSYOP as a marketing campaign, similar to what you may be exposed to daily through the media and advertising.

There is absolutely no reason to fear PSYOP. It’s merely a non-lethal tool used to prevent bloodshed and achieve the mission.

Hopefully, now, some of the myths surrounding PSYOP have been debunked.

**More Details**

For more information or if you’re interested in applying for this MOS, stop by Special Operations Recruiting, Bldg. 648, here, near the Sgt. Smith Theater. The Soldiers are knowledgeable and can point you in the right direction.

## IMCOM: Pacific has new leader

CONTINUED FROM A-1

constantly focus on efficiencies without causing detriment to the mission.”

Most all of her 21 years experience in civil service have been with the Army Corps of Engineers working military construction and environmental issues. Now, she is looking forward to expanding her knowledge and skills in the world of facilities and services that IMCOM provides Soldiers and their families.

“IMCOM missions are tactically, strategically and geographically vital to the United States and its allies, and this is one of the reasons I wanted to join the IMCOM team,” said Altendorf.

Altendorf said that she’d challenge the region team to be the best they can at providing services and support to the communities they serve, and also made a pledge of her own to the team.

“I promise to provide the leadership that is expected of this position and pledge to do my best to ensure the Pacific Region workforce is taken care of,” said Altendorf.



Master Sgt. Matthew Ivacic, NCOIC, Law Enforcement Division, 8th MP Bde., role-plays as an active shooter at the 8th TSC Health Clinic, March 27.

## 8th MP: SRT goes in, secures site

CONTINUED FROM A-1

Bixler said. “We have to trust that the person next to us will have our back.”

After receiving all the important information they could from the temporary incident command base set up for all emergency responders to collaborate and work together to end the threat as peacefully as possible, members of the SRT moved into place.

Stacking beside each other, the breaching team entered through the back of the second floor clinic door, but within seconds upon entering, they encountered Ivacic and a shootout began. Suddenly, the active shooter fell to the ground, and as quickly as the shootout began, it ended. The team had successfully neutralized the immediate threat.

However, it wasn’t over.

The team continued to search out any other possible threats and secured the building. Maneuvering around the bodies laying in their path, the team moved as a cohesive unit and carefully advanced down the hallway. Along the way, they pulled the wounded to safety and secured the many rooms they had passed.

Finally, the team reached the end of the hallway. As some team members held and secured the area, others began the task of knocking on the locked doors that they’d encountered along their way, moving the employees to safety.

The drill ended after a voice yelled “ENDEX!”

As the teams gathered together, they received input from others and were evaluated on their performance. With zero casualties from within the teams, and the employees and wounded safely evacuated, the overall mission was declared a success.



A candidate for the EIB takes cover and returns fire at the enemy from a prone supported position. Four candidates performed flawlessly, earning “True Blue” status.

## EIB: 47 warriors earn expert badge

CONTINUED FROM A-1

tasks in the time allotted.

For the 47 Soldiers who successfully earned the coveted EIB on April 10, the blood, sweat and tears were worth every bit of it.

Four of the Soldiers earned the prestigious “True Blue” status by completing every task with no failures or restarts.

According to one of the “True Blue” graduates, simply not paying attention can cost you the badge.

“You have to pay attention to the details

and make sure you hit each performance measure of the task,” said Staff Sgt. Paul Piszcz, 2-35th Inf. Regt., 3rd BCT. “The grenade toss also gets a lot of Soldiers because once it leaves your hand you have no control of how it will land.”

Command Sgt. Maj. Benjamin Jones, senior enlisted adviser, 25th ID, applauded the new EIB holders.

“The Expert Infantryman Badge is more than just a piece of iron that sits upon your chest; it is a symbol of excellence and a testament of a true infantryman,” said Jones.



# Future leaders complete 2nd phase of Young Alaka‘i

Story and photo by  
**SGT. JON HEINRICH**  
8th Theater Sustainment Command Public Affairs

HONOLULU — Twenty-three officers, warrant officers and senior noncommissioned officers from 8th Theater Sustainment Command graduated the Young Alaka‘i Leadership Program’s Phase II, Friday, atop the crater rim at Punchbowl.

The ceremony was held in the afternoon after students completed their last day of the weeklong training, with visits to several historical sites around the island, while discussing Hawaii’s history and role in the larger Polynesian culture.

8th TSC created the three-phase program to bring together top-performing captains, senior NCOs and mid-grade warrant officers who excel in their current career fields.



**NU‘UANU PALI — Brenden Bliss, history instructor, HPU Military Campus Programs, shows Young Alaka‘i Phase II students the location Kalanikūpule retreated to during his defense of Oahu against the invasion of Oahu by King Kamehameha I. The April 10 class from 8th TSC is part of a three-phase program targeted to help top-performing Army leaders.**

Ikena on Fort Shafter. It focused on the Army profession and ethics, while allowing participants to share and learn more about their own organizations and capabilities with each other.

Phase II was April 6-10, and took a more regional, strategic-level approach, including discussion and practical exercises related to U.S. foreign policy in Asia and the Pacific, security dynamics and disaster response, and working in the joint interagency, intergovernmental, multinational en-

vironment. The phase concluded with a symbolic graduation ceremony.

The students began their final day at Fort DeRussy, where they were instructed by Honorable Thomas Ka‘auwai Kaulukukui Jr., the chairman of the board and managing trustee of the trust. They discussed Hawaiian history and leader development and values, to prepare them to be the strategic leaders of tomorrow in the region and across the globe.

“Any place you go here after will have a history, and you should understand it,” Kaulukukui said. “Why? Because there’s a proverb that says ‘the land is the chief.’

“If you want to know something about why people act the way they do, what their culture is, you look at their land,” he said.

The class was introduced to a number of ancient Hawaiian weapons, learned about the history and culture of the islands and Hawaiian lineage.

Kaulukukui said no one can truly lead if they don’t have an understanding of who they are and every leader should know their lineage, genealogy and the knowledge of where they come from.

“Go back eight generations at least, then you really know who you are,” he said. “You’re not your nametag, you’re not your business card or just your name.”

Led by Brenden Bliss, a history instructor for the Military Campus Programs department at Hawaii Pacific University, the Young Alaka‘i also visited Diamond Head Beach Park where they learned about King Kamehameha I and his invasion of Oahu, the National Memorial Cemetery of the Pacific at Punchbowl and Pali Lookout to discuss Kalanikūpule’s defense against the invasion.

The graduation marks a milestone in completing the initial phases of the program. It also marked a beginning to the part of Young Alaka‘i that will have the widest impact on every person the graduates interact with as leaders in the future.

# AFP soldier revisits TAMC road to healing

**ANA ALLEN**  
Pacific Regional Medical Command Public Affairs

TRIPLER ARMY MEDICAL CENTER — It’s been 20 years since Col. Cirilito Sobejana, with the Armed Forces of the Philippines (AFP), Philippine Army G3, visited here.

During his first visit, (then) Capt. Sobejana, wondered if doctors, here, would be able to save his nearly severed right arm.

He recently got to shake hands and extend his thanks to TAMC staff for the medical treatment that allowed him to continue his career in the AFP and to use his arm.

Sobejana is a recipient of the AFP’s equivalent to the U.S. Medal of Honor for actions taken against a terrorist organization in 1995.

After sustaining gunshot wounds during a five-hour firefight, Sobejana was medically evacuated to a local hospital in the southern

region of the Philippines and remained for four days until he was stable enough for transfer to a medical facility in Manila. His military superiors then informed Sobejana that he would be sent for medical care at TAMC.

The U.S. military hospital (TAMC) provided his care because of the U.S. and the Philippine alliance with over 70 years of deep military-to-military ties.

“(My arm) was nearly severed. It was shattered. ... At that time, our hospitals didn’t have that capability, yet, to treat my injury,” recalled Sobejana.

He spent 10 months receiving care at Tripler where he received almost a dozen separate operations, to include reconstructive surgery, which ultimately saved his hand.

Sobejana light-heartedly recalls being very well known among the surgical staff at TAMC.

He said he was often greeted with a “welcome back” from staff just before undergoing surgery.

“I was very impressed with the care and the way they treated me as a battle casualty,” he said.

Sobejana then received post-operative care at Brooke Army Medical Center (BAMC), San Antonio, Texas. The transfer allowed him to continue care with his primary physician who had since transitioned to the major medical facility there.

“I reported to the hospital every day – Monday through Friday – for my rehabilitation ... for four months,” he explained.

After undergoing rehabilitation, Sobejana eventually regained his strength and his competitive edge.

“Now I can do push-ups. I can do 50 to 60 push-ups in one minute,” he explained.



Jim Guzior, Tripler Army Medical Center Public Affairs

**Col. Cirilito Sobejana, AFP, discusses his arm with staff vascular surgeon Maj. Farhan Ayubi during a visit, April 7. He thanked the staff for the treatment he’d received 20 years ago that saved his arm and his military career.**



NEWS Briefs



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

Today

**SSA Hours** — The Social Security Administration wishes to clarify its Hawaii office hours. SSA is open to the public on Mondays, Tuesdays, Thursdays and Fridays, 8:30 a.m.-3:30 p.m. Offices will continue to close to the public at 11:30 a.m. every Wednesday and not at noon as stated previously. Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) for more updated information.

**VA News** — The Department of Veterans Affairs announced the award of 20 contracts for the Assisted Living Pilot Program for veterans with Traumatic Brain Injury (AL-TBI). Originally slated to end in 2014, the Veterans Access, Choice and Accountability Act of 2014 extended this program through October 2017. Visit [www.polytrauma.va.gov](http://www.polytrauma.va.gov).

**Input** — The Clean Water Program needs your input. Please comment on the Construction Enforcement Response Plan and participate in U.S. Army Garrison-Hawaii’s program to improve water quality. Public comment period is April 7-May 7. Access the plan at [www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx](http://www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx).

**Post No Conferences** — The Post Conference Room, Bldg. 584, Schofield Barracks, will remain closed through April 24. However, the reservation and use of the Sgt. Smith Theater will remain unaffected throughout the time frame. Call 655-4713/5061.

**Graduation Day** — The first graduation ceremony of the Hawaii Veterans Treatment Court is at 2 p.m. at the State Supreme Court (behind the King Kamehameha statue), 2nd Floor, Aliiolani Hale, 417 S. King St., Honolulu. Call 539-4133 to get involved.

**20 / Monday**

**Days of Remembrance** — Attend the Days of Remembrance ceremony, recalling the events of the Holocaust, at the Schofield Barracks Main Post Chapel, April 20, from 11:30 a.m.-1 p.m. For more details, call 438-4962.

**Winging it** — Wheeler’s Wings of Lightning dining facility reopens today; until then, food is being served out of Hangar 111. Hours of operation remain the same. Visit [www.garrison.hawaii.army.mil/logistics/services.htm](http://www.garrison.hawaii.army.mil/logistics/services.htm) for DFAC updates.

21 / Tuesday

**9th MSC Ceremony** — All are welcome to attend as the 9th Mission Support Command renames its Fort Shafter Flats campus to the U.S. Army Reserve Daniel K. Inouye Complex, in honor of the 70th anniversary of Inouye’s heroic actions during World War II for which he was awarded the Medal of Honor. Call 438-1600, ext. 3114.



Photo courtesy U.S. Army Museum of Hawaii

**2LT Daniel K. Inouye, Co. E, 2nd Bn., 442nd RCT.**

24 / Friday

**205th MI CSM** — The 205th Military Intelligence Battalion, 500th MI Brigade, will have a change of responsibility ceremony. Command Sgt. Maj. David E. Brasher will accept authority from Command Sgt. Maj. Alexander W. Lashendock at 10 a.m. at Palm Circle, Fort Shafter.

**AFSP Dinner** — The American Foundation for Suicide Prevention, Hawai’i Chapter, will host its 2nd Party for Prevention, a dinner/silent auction/awareness event, 5-9 p.m., at the Elks Lodge, Waikiki.

Every other day in the state of Hawai’i an individual dies by suicide, and 6 to 10 survivors are left in the aftermath. Events like this one are an important time for us to spread the word and gather support.

Call 255-8968 or 271-8582, or visit [afsp.donordrive.com/event/HI](http://afsp.donordrive.com/event/HI) or its Facebook page at [www.facebook.com/AFSPHawaii](http://www.facebook.com/AFSPHawaii).

29 / Wednesday

**Denim Day** — Personnel are encouraged to wear denim jeans and their “Take A **STAND!**” T-shirt on April 29 and Fridays in April to support Sexual Assault Awareness Month. Visit [www.sapr.mil](http://www.sapr.mil) or [www.sexualassault.army.mil](http://www.sexualassault.army.mil) for more details. Need help or to talk to someone? Call toll-free to 1-877-995-5247.



File photo

**Wear denim jeans and take a stand, 4/29.**

30 / Thursday

**PrepareAthon** — Despite multiple campaigns and awareness efforts, a large percentage of Americans have not performed preparedness actions to increase their personal safety in the event of a disaster or emergency. “America’s PrepareAthon” builds on the FEMA Ready Program by adding a focused national call to action for individuals and organizations to take simple, specific actions to increase their preparedness for a potential disaster. Visit [www.chcoc.gov/transmittals/TransmittalDetails.aspx?TransmittalID=6694](http://www.chcoc.gov/transmittals/TransmittalDetails.aspx?TransmittalID=6694) and [www.ready.gov/](http://www.ready.gov/).

**E Malama Ola** — Attend the annual Prevent Suicide Hawaii Conference, 8:30 a.m.-4:30 p.m., at the Marriott Waikoloa Beach Resort. Email [safeinhawaii@gmail.com](mailto:safeinhawaii@gmail.com).



Traffic Report lists roadwork, construction, water or power outages, and noise advisories from the Army and the Hawaii Department of Transportation (HDOT). Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm). Unless specified, all area codes are 808.

Today

**Elou Access** — A partial road closure on Elou Street for utility installation was extended. Elou Street will only be accessible from Pule’e Street, with no access from Cadet-Sheridan Road. The work will be performed weekdays, 8:30 a.m.-3:30 p.m., until April 20.

Saturday and Sunday work will be done only if absolutely necessary.

18 / Saturday

**Tooth Delay** — An electrical outage affecting the Schofield Barracks Dental Clinic takes place from 7:30 a.m.-5 p.m. This outage isn’t postponed like the one below.

**Outages Postponed!** — Several power outages that were scheduled for Schofield Barracks, Wheeler Army Airfield, East Range and the Leileihua Golf Course are postponed. There will be no outages today. Call 656-3272.

20 / Monday

**AMR Outage 1** — The first of four power outages at Aliamanu Military Reservation (to support Solar City Electrical Connection) will affect the following locations, 8 a.m.-2 p.m.: Red Hill Makai, Point Welcome Place, and units 2101, 2103, 2105, 2107, 2109, 2111, 2108, 2112, 2113, 2114, 2115, 2116, 2118, 2120, 2122, 2124 and 2126.

**Lilienthal Closures** — There will be full road closures on Wheeler Army Airfield’s Lilienthal Road in the housing area. The road closures

will be performed in four phases, with each phase closing the road section 24/7 for the days listed:

- Step 2, April 20-24;
- Step 3, April 27-May 1, and;
- Step 4, May 4-8.

21 / Tuesday

**AMR Outage 2** — The second outage, also 8 a.m.-2 p.m., includes Red Hill Makau, Hudson Circle, Hudson Way, and units 1202, 1206, 1254, 1258, 1261, 1262, 1265, 1269, 1270, 1273, 1203, 1205, 1207, 1217, 1221 and 1225.



25 / Saturday

**Cadet Sheridan** — There will be a partial road closure on Cadet Sheridan Road from the north side of Elou Street to the south side of Trimble Road. Work will be performed weekdays, 8:30 a.m.-to 3:30 p.m., through May 18. (Weekend work, if necessary, takes place 9 a.m.-5 p.m.) Traffic will be detoured, as necessary, to any local traffic needing access to Elou Street.

During construction, northbound traffic from Kolekole Avenue to Cadet Sheridan will be detoured through Pule’e Street to Trimble Road, as necessary. South bound traffic at the Trimble Road and Cadet Sheridan Road intersection will be detoured through Hewitt Street to Kolekole Avenue, as necessary.



27 / Monday

**AMR Outage 3** — The following buildings will experience the third power outage, 8 a.m.-2 p.m.: Red Hill Makai, Point Welcome, Blackthorn, and units 1901, 1903, 1905, 1801, 1803, 1805, 1851, 1853, 1855, 1857, 1858, 1859, 1860, 1861, 1862 and 1863.

The fourth AMR power outage, April 28, takes place during the same hours. See the Hawaii Army Weekly online for a list of affected units.



# SHARP team engaging community throughout April

**LISA CHARLES**  
SHARP Program Manager  
U.S. Army-Hawaii

SCHOFIELD BARRACKS — U.S. Army-Hawaii’s Sexual Assault Awareness and Prevention Month (SAAPM) is in full swing following a proclamation signing, April 1, at the USARHAW SHARP Resource Center, engaging Soldiers, Department of the Army civilians and family members alike with SHARP events throughout Hawaii, both on and off the installation.

This year’s DOD theme is “Eliminate Sexual Assault: Know Your Part, Do Your Part.”

The Army’s separate theme is “Not in my squad. Not in our Army. We are trusted professionals.”

In an effort to capture the spirit of the SAAPM themes, USARHAW’s SHARP team has taken the initiative to provide a multitude of opportunities to educate, train and be present for the

USARHAW community.

- Every Tuesday, DA civilians and family members are encouraged to wear teal-colored clothing in support of “Teal Tuesdays,” a US-ARHAW initiative bringing awareness to sexual assault.
- Additionally, U.S. Army Garrison-Hawaii has an April photo challenge, encouraging everyone to visit various locations throughout US-ARHAW and post a photo of the visit on USAG-HI’s Facebook page.

April 16, 18th MEDCOM hosted a “Take Back the Night” family event at the Aliamanu Military Reservation Community Center with various support agencies hosting informational booths

and other family events.

- On April 23, there will be two 3-on-3 basketball tournaments at the Fort Shafter and Schofield Barracks fitness centers, and on April 29, the USARHAW community is invited to participate in International Denim Day.
- Also, April 29, the 8th Theater Sustainment Command’s SHARP team is hosting a large information fair, 9 a.m.-2 p.m., at Schofield’s Nehelani. Many supporting agencies will be available to provide information on the services they provide. This will be followed immediately by an open microphone event where participants can express themselves using poetry.

The USARHAW SHARP team has worked diligently all year to prepare for SAAPM, and the team’s hard work should not go unnoticed. Please take the time to attend as many SAAPM events as possible to show your support and educate yourself about SHARP.

You can be a part of the solution in eliminating sexual assault by knowing and doing your part.

**Denim Day**  
International Denim Day is a show of solidarity against a sexual assault case decided in Italy.

**SHARP**  
Acronym for Sexual Harassment/Assault Response and Prevention program.

## 500th MI Bde. reaffirms its mission to end sexual assault

Story and photo by  
**STAFF SGT. THOMAS G. COLLINS**  
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — April is Sexual Assault Awareness and Prevention Month (SAAPM).

This year’s theme is “Eliminate Sexual Assault: Know Your Part, Do Your Part.”

Col. Patrick J. Wempe, commander, and Command Sgt. Maj. James M. Calder, senior enlisted adviser, representing the Soldiers and civilians of the 500th Military Intelligence Brigade, signed a proclamation outlining that April be declared SAAPM across the brigade, April 3.

In keeping with this theme, Soldiers and civilians gathered in the brigade’s conference room to stand witness to the signing of a unique 500th MI Bde. SAAPM proclamation.

The proclamation reads: “Eliminating sexual assault requires every Soldier, family member and civilian employee to be a steadfast participant in creating an appropriate culture and upholding the Army’s core values.”

“This proclamation is not just (my) pledge to stop sexual assault and harassment in our ranks; this is a representation of the commitment by our entire brigade, of Soldiers, family members and civilian employees, to end sexual assault and harassment,” Wempe said, upon signing.

Wempe then reinforced a brigade touchstone, in that maintaining a culture of excellence takes effort from everyone, and in refer-



**Col. Patrick J. Wempe, commander, 500th MI Bde., signs a SAAPM proclamation that states, “Eliminating sexual assault requires every Soldier, family member and civilian employee to be a steadfast participant in creating an appropriate culture and upholding the Army’s core values.”**

ence to sexual assault, specifically, said, “We need to make sure that we, as an organization and as an Army, get this absolutely right. ... The Army has processes in place to make sure justice

is done once a perpetrator has been found guilty; however, we need to get better at how we support the victim.”

To support victims of sexual assault or harass-

**April is Prevention Month**  
For more information about SHARP, SAAPM or sexual assault or harassment, visit [www.sexualassault.army.mil/index.cfm](http://www.sexualassault.army.mil/index.cfm) or [www.sapr.mil/index.php/saapm](http://www.sapr.mil/index.php/saapm).

ment, the Army has made some adjustments.

“We have seen many changes to SHARP in the last year,” said Sharon L. Anderson, 500th MI Bde. Sexual Assault Response coordinator. “Two of those changes are instituting company-level SHARP advisers who will be responsible for providing training to their units and advising the unit commander, and that under Article 92 of the UCMJ, no Soldier may retaliate against a victim, an alleged victim or another member of the armed forces based on that individual’s report of a criminal offense.”

Anderson continued, “Our challenge is to change the culture, the attitude and perceptions, but we have to change behavior in order to change culture. In the end, I want our Soldiers to know it’s their actions that will change the culture of sexual assault and sexual harassment.”

What Soldiers do in the workplace matters.

“We, at the brigade, want every Solider, civilian and family member to understand they matter, actions matter, and together we can do our part to eliminate sexual assault,” said Anderson.



## PAU HANA

"When work is finished."

Volunteer  
Appreciation  
Week

The Volunteer Recognition Ceremony (outer inset photos), Tuesday, at the Nehelani, honors volunteers who donated their time and service to various USARHAW programs. From left to right, Amanda Crowell, AFTB volunteer program manager; Chantay Burleson, volunteer unit adviser for the 1-27th Inf. Regt., 2nd SBCT, 25th ID; and Mary Kay McGlothlin, AFTB assistant volunteer program manager, take time off from assisting in a recent briefing program to pose for a group photo.

## Ceremony honors 'hands that serve, hearts that care'

Story and photos by  
**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — Connecting, making a difference in the community, helping — there are many reasons for volunteering.

Amanda Crowell provides a snapshot of one person, contributing, making a difference.

On a drizzly Monday morning, this week, Crowell arrived at the Noncommissioned Officers Academy to talk about volunteering and making a difference to a group of NCOs.

Crowell isn't a Soldier or an Army civilian employee. She's a volunteer program manager for Army Community Service's Army Family Team Building program.

"Volunteering is one way for me to keep my resume active," she said. "But the real reason I do it is because I really believe in this program and what it does. I believe it really helps Army families and new Army spouses learn (the basics) of Army life, such as protocol and the chain of command."

## Getting involved

With Crowell were Chantay Burleson and Mary Kay McGlothlin, both of whom also volunteer for various ACS programs. They were there to observe Crowell's briefing as a way to prepare themselves for eventually delivering similar briefings.

Burleson, who has been volunteering for more than 20 years in various capacities for the Army and is currently the volunteer unit adviser for the 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, said that volunteering connects her to her Army community and makes her feel like she's making a difference.

"A lot of people talk about things that need to be changed," she said. "I like to get involved and help. Get out there and do something about it."

McGlothlin said she has made friends and learned Army terminology through her volunteer work — the latter of which has helped her to communicate more effectively with her Soldier husband.

"But the best thing is knowing the volunteer work I do makes a positive difference in the lives of everyone I help," she said. "The rest is a bonus."

## Recognized

Crowell, Burleson and McGlothlin were among more than a dozen volunteers to receive a prestigious Na Koa Award at the Volunteer Recognition Ceremony, Tuesday morning, at the Nehelani. Combined, the three of them donated more than 1,000 hours of volunteer time to various U.S. Army-Hawaii programs in 2014.

They, and other volunteers at the ceremony, were recognized by Maj. Gen. Charles Flynn, senior commander of USARHAW.

"You inspire and you provide an example for others to follow, so (they) will also volunteer," Flynn said.

"You are looking to give and not to get."

He described the volunteers as "role models" who shine a light on others and encouraged other commands and organizations within USARHAW to recognize their volunteers often, not just annually.

"It's an honor to be recognized. It's humbling because you don't do it for the recognition; you do it to give back," said Burleson.

After the formal ceremony, volunteers and guests headed next door to the Nehelani Banquet Hall, where they were treated to a Volunteer Appreciation Luau. The



**Whitey Yamamoto, a veteran of the 442nd Regiment, has volunteered at the U.S. Army Museum Hawaii at Fort DeRussy for the past 27 years.**

## Make Contact

Call the Schofield Barracks ACS office at 655-4227. Register with the Army's Volunteer Management Information System by visiting Army OneSource at [www.myarmy.onesource.com](http://www.myarmy.onesource.com).

menu included local staples, such as kalua pork, chicken long rice, white rice and sliced pineapple. Hula dancers from Wahiawa Studio II performed.

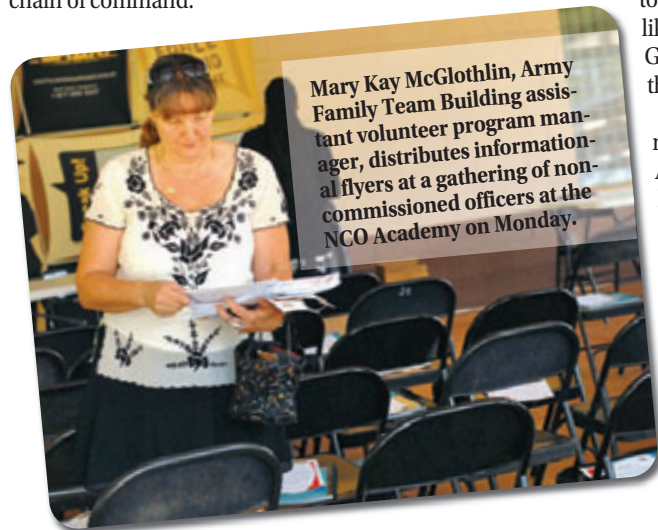
Among those at the luau was 90-year-old Whitey Yamamoto, who has volunteered at the U.S. Army Museum for 27 years — the longest of any of the museum's volunteers, according to the museum's director, Judith Bowman.

Yamamoto, a veteran of the 442nd Infantry Regiment who greets guests at the museum, said he enjoys volunteering because it allows him to interact with interesting people from all over the world.

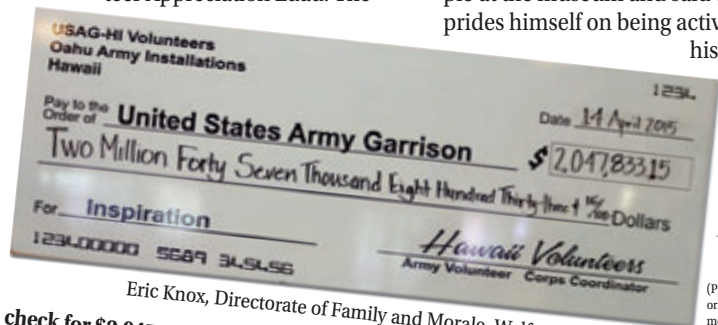
Said Bowman, "We could not effectively function without our volunteers. We would not be able to get our doors open without them. In 2014, our volunteers worked over 4,000 hours at everything from the reception desk to giving guided tours to helping to restore artifacts."

Bill Lofquist, U.S. Army Museum Hawaii's 2014 Volunteer of the Year, echoed Yamamoto's sentiment about meeting interesting people at the museum and said that, while he prides himself on being active in all aspects of

his community, "the volunteer work I do for the museum is the most fun."



**Mary Kay McGlothlin, Army Family Team Building assistant volunteer program manager, distributes informational flyers at a gathering of non-commissioned officers at the NCO Academy on Monday.**



Eric Knox, Directorate of Family and Morale, Welfare and Recreation  
A check for \$2,047,833.15 — reflects the amount of money volunteers "paid" USARHAW by donating their time to USARHAW programs.

## Inaugural 'Na Koa Award' recognizes installation history

**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — A dozen exemplary volunteers were awarded the inaugural U.S. Army-Hawaii Na Koa Award at the Volunteer Recognition Ceremony, Tuesday, at the Nehelani.

"Na Koa" is the Hawaiian phrase for "the Warriors," and it was chosen because of its significance to the heritage and history of the Army in Hawaii.

Branded on the award was the "Lazy H" insignia, which also carries historical significance for the Army in Hawaii.

Maj. Gen. Charles Flynn, senior commander of USARHAW, alluded to this history at the awards ceremony.

"The people who have the longest and deepest ties to the Army in Hawaii, they recognize the Lazy H, they recognize the patch and they recognize the Army in Hawaii," Flynn said.

For this reason, he added, he was glad to see the insignia on the Na Koa Awards.

## "Lazy H" roots

U.S. Army Hawaii's roots stretch back to the early 20th century, when the District of Hawaii was originally formed in 1910 as a sub-element of the Department of California.

Following World War I, an independent

Hawaii Department was authorized a distinctive insignia, described as "an octagon of scarlet, the sides tangent to a circle. ... The eight sides refer to the eight islands of the Hawaiian group. Scarlet and yellow are the old Royal Hawaiian colors."

The 25th Infantry Division assumed command responsibilities for USARHAW originally in 1957. From 1992 into the dawn of the 21st century, the 25th ID supervised both Tropic Lightning and USARHAW. In 2011, when the 25th ID returned from Iraq in support of Operation New Dawn, a decision was made for Tropic Lightning to assume a leadership role, once again, in installation operation.

Army leaders adopted the USARHAW name and the Lazy H insignia to promote and honor the heritage both symbols represent — a history that goes back over a century in Hawaii.



File photo  
"Lazy H" patch.

## In Recognition...

## Soldier Volunteer of the Year

Capt. Forrest Cureton, 45th Sustainment Brigade, for Boys Scouts of America, Troop 24, SB

## Civilian Volunteer of the Year

Meredith Rice, 130th Engineer Bde., for Family Readiness Group and Kolekole Girls Scouts

## Na Koa Award Recipients

The following were honored at the 2015 Na Koa Volunteer Awards:  
•Sgt. Richard Baggerly, 2nd Stryker Bde. Combat Team, for Child and Youth Services and FRG  
•Chantay Burleson, 2nd SBCT and the Directorate of Family and Morale, Welfare and Recreation, for FRG and Army Community Service  
•Amy Christofferson, 25th Infantry Division, for FRG  
•Katina Cook, FMWR, for ACS  
•Amanda Crowell, FMWR, for ACS  
•Capt. Forrest Cureton, 45th Sust. Bde., Boys Scouts of America, Troop 24, SB  
•Ingrid Cureton, 45th Sust. Bde., for FRG and Boys Scouts, Troop 24, SB

•Amongla Knight, FMWR, for ACS  
•Mary Kay McGlothlin, 25th ID, for FRG  
•Karen Pipkin, 2nd SBCT, for FRG  
•Karrie Quinty, 25th ID, for FRG  
•Percilla Villanida, 25th Combat Aviation Bde., for FRG and ACS

## Organizational Award Recipients

The following received 2015 Organizational Volunteer of the Year Awards:  
Parent-Teacher Organization  
•Teesha Black for Wheeler Elementary School  
•Amanda Crowell for ACS through the Exceptional Family Member and Army Family Team Building programs  
Hui O Na Wahine Spouses Club  
•Kat Fresh for the club  
Parent Community Network Center  
•Melbis Garcia for Solomon Elementary School  
Kolekole Girls Scouts  
•Jennifer Hedges, for the Girl Scouts

*the Warriors*





## Briefs

### Today

**MOMC Bowling Special** — SB and FS bowling centers offer free bowling for children (up to two children for each prepaid adult) under 17, during the month of April. Call 655-0573 (SB) or 438-6733 (FS).

### 18 / Saturday

**Stand-Up Paddleboarding 101** — Come learn the art of Stand-Up Paddleboarding with Outdoor Recreation as we cruise the Anahulu River on the North Shore of Oahu from 8:30 a.m.-12:30 p.m. This location is great for the whole family and usually has many opportunities for turtle spotting.

Outdoor Rec. will provide the transportation, equipment and instruction for only \$59/per person. All you need to bring is water, snacks and sunscreen.

Must sign up by Friday at noon, the day before the program. Call 655-0143.

### 19 / Sunday

**Hale Ikena Sunday Brunch** — Every Sunday, 10 a.m.-1 p.m., FS Hale Ikena dining room. Reservations recommended; \$24.95 adults and varied children's prices. Call 438-1974.

### 20 / Monday

**First-Termers Financial Training** — This ACS Financial Resilience Center workshop focuses on basic financial skills to help develop self-reliance and personal responsibility designed to help understand personal finances while learning tools for financial success.

This is a mandatory program of instruction for first-term Soldiers, offered every Monday (except federal holidays), 8:30 a.m.-4:30 p.m., at SB Bldg. 647. Soldiers must bring an end of month LES.

A certificate is awarded to each participant who completes the eight hours of instruction. Call 655-1866.

**Pau Hana Social** — Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

### 21 / Tuesday

**Preschool Story Time** — Take your toddlers (ages 3-5) to a free story time at Army Hawaii libraries. There's a different theme and story each week.

Attend FS library (438-9521), Tuesdays, and SB library (655-4707),

## BATTLE OF OKINAWA



Courtesy photos

**On April 11, 1945, as a Japanese Zero fighter plane piloted by a kamikaze began to strike the USS Missouri during the Battle of Okinawa, the ship's baker, Harold "Buster" Campbell, captured the above historic photograph. None of the Missouri's crew members were seriously injured, but the pilot was killed instantly.**

**Seventy years later, on Saturday, April 11, the Battleship Missouri Memorial unveiled an exhibit of rare artifacts collected about Japanese kamikaze pilots that have never been previously displayed outside Japan.**



**The Battleship Missouri Memorial is open daily from 8 a.m. to 4 p.m. General admission, which includes an optional tour, is \$25 per adult and \$13 per child (4-12). Military, kamaaina and school-group pricing is available. Call 1-877-644-4896 or visit [www.usssmissouri.org](http://www.usssmissouri.org).**

Wednesdays, both at 10 a.m.

### Youth Sports Track and Field

— Practices are underway for track meets that will be held every Saturday in May at Stoneman Field. AMR/FS practices are 5-6:30 p.m., Tuesdays and Thursdays; SB practices are Wednesdays and Fridays. Call 655-6465 (SB) and 836-1923 for AMR/FS.

### Quilting & Sewing Workshops

— Learn how to make quilts and enjoy quality time with others at the quilting and sewing sessions, Tuesdays, 5-8 p.m., at the SB Arts & Crafts Center. Call 655-4202.

### 22 / Wednesday

**BOSS** — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

•North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.

•South meetings are held at FS

Bowling Center at 10 a.m., every 2nd and 4th Wednesday. Call 655-1130.

### Teen Manga Club

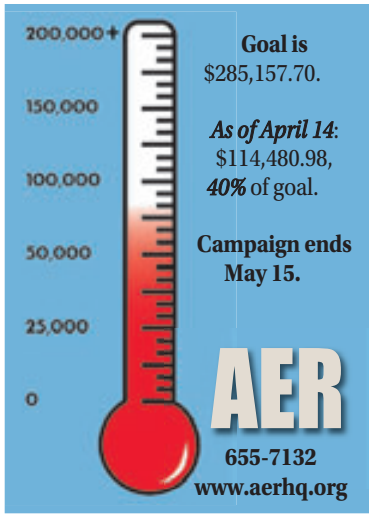
— SB Sgt. Yano Library Teen Manga Club offers a Manga fix with the regularly scheduled Teen Manga Club, 3-3:45 p.m., every 2nd and 4th Wednesday of the month. Members talk about how to improve the manga collection, share artwork and other activities. Open to children ages 12-17.

### 23 / Thursday

**Breakfast Specials** — FS Hale Ikena is now serving breakfast, the most important meal of the day. Start your day with a delectable breakfast special at the Hale Ikena. Serving times are Thursdays-Sundays at 7 a.m. Call 438-1974.

### 24 / Friday

**Networking and Interviewing Skills** — ACS teaches strategies to find a dream job, 9-10:30 a.m., Bldg. 2091. Learn to network in person and through social media, and how to present yourself for an interview. Call 655-4227.



**Softball Signup Deadline** — The USAG-HI Sports, Fitness and Aquatics office is accepting completed applications for eligible units for men and women's softball league play no later than 4 p.m., April 24. Softball season runs from May 11-Aug. 28 at FS and SB. Visit [www.himwr.com](http://www.himwr.com); call 438-9572 (FS) or 655-0856 (SB). Completed applications can be faxed to 655-8012.

## community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### Today

**Diana Ross Concert Tickets** — Pop legend Diana Ross makes a first-ever concert appearance with Blaisdell Arena shows June 12 & 13. Tickets are available now and begin at \$45 at the NBC box office, 777 Ward Ave. Call (800) 745-3000 or visit [www.ticketmaster.com](http://www.ticketmaster.com).

**LPGA Lotte Championship** — The Ladies Professional Golf Association and top players in the world, including Hawaii's Michelle Wie, play their final rounds Friday and Saturday at Ko Olina Golf Club. Tickets are available at the gate. Call 792-9321 or visit [www.lottechampionship.com](http://www.lottechampionship.com).

### 18 / Saturday

**Honolulu Night Market Block Party Series** — This event, 6-11 p.m., is expected to have 2,000+ participants and will close Cooke Street

and all lanes, between Pohukaina Street to mid-block between Auahi Street and Ala Moana Boulevard. Visit [www.streetgrindz.com](http://www.streetgrindz.com).

### Kuhio Beach Hula Show

— Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Call 843-8002. Seating on the grass, beach chairs, mats and cameras are welcome.

### 21 / Tuesday

**Shafter Housing Services** — New Soldier and family in-processing briefings begin 9 a.m., Tuesdays and Thursdays, through April 30. The Housing Services Office is at 111 7th St., Bldg. 1004, FS. Limit of 15 Soldiers per briefing. Contact Pam Hirota at 438-1518.

### 22 / Wednesday

**Family Night** — SB weekly family gathering begins at 5:30 p.m. and is located at the Main Post Chapel. Sessions follow from 6:10-7:30 p.m. Child care is provided. Some of the classes offered include Financial Peace University, Healthy Living, 7 Habits of Highly Effective Army Families. Contact at SB is Deborah Mc-

## Earth Month Activities

### Earth Month Activities

U.S. Army Garrison-Hawaii is hosting its fourth annual Earth Month celebration with a wide variety of events for Soldiers and families to enjoy.

### April 22, 9 a.m.-5 p.m.

Pohakaloa Training Area, Island of Hawaii, is hosting an Earth Day event that is open to the public.

It will showcase the work of the Natural Resources Office, the Cultural/Archeological Resources Office and Fire/Emergency Services.

Also, there will be a static display of military equipment. Call (808) 969-2403.



**April 22, 2-5 p.m.** Island Palm Communities and USAG-HI's Directorate of Public Works Environmental Division team up on Earth Day at the Kalakaua Community Center, Schofield Barracks, for cool exhibits and fun activities while learning about the environment. Also, back by overwhelming demand is the Earth Day Passport Challenge.

### April 25, 11 a.m.-3 p.m.

The Fort Shafter Flats parade field will serve as the location for the Earth Day Festival, hosted by the 9th Mission Support Command and 9th Theater Support Groups' DPW Environmental Division. Call 438-1600, extension 3307.

Swain, director of Religious Education, at 655-9198. At AMR Chapel, call 839-4319.

### 23 / Thursday

**JROTC Medal Presenters** — Seeking active/Reserve officers from all of the uniformed services to serve as volunteer medal presenters for the 2015 Hawaii JROTC awards cere-

monies, April 16-May 20. They're usually held on high school grounds or community centers in the evening hours after school is out. Seeking officers "to give back to their community" by honoring those cadets at the top of their class. Contact retired Col. Arthur Tulak at [Hawaii@mofwus.org](mailto:Hawaii@mofwus.org) or call 477-8195 during duty hours.

## worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers' Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

### Buddhist Services

•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

### Catholic Mass

•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

### Gospel Worship

•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

### Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

### Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

### Pagan (Wicca)

•Friday, 7 p.m. at Wheeler Annex

### Protestant Worship

•Sunday Services  
- 9 a.m. at MPC  
- 9 a.m., at FD, TAMC chapel  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR  
- 11:30 a.m. at WAAF (Spanish language)  
- 11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 10 a.m. at WAAF

## This Week at the MOVIES

**Sgt. Smith Theater**  
Call 624-2585 for movie listings or go to [aaes.com](http://aaes.com) under realtime movie listing.



### Selma

(PG-13)  
Fri., April 17, 7 p.m.

### The Duff

(PG-13)  
Sat., April 18, 4 p.m.



## Spongebob Squarepants Movie: Sponge Out of Water

**Family Night \$2 admission** (PG)  
Sat., April 18, 7 p.m.

### Cinderella

(PG)  
Sun., April 19, 2 p.m.

### Focus

(R)  
Thurs., April 23, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

### Calendar abbreviations

8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan  
AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion Co.: Company  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FMWR: Family and Morale, Welfare and

Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield



# Garrison dedicates enlarged FMWR Pet Kennels

Garrison strengthens commitment to pet safety in Halawa

Story and photos by  
**ANDY BETH MILLER**  
Contributing Writer

AIEA — Pulling up to the gate of the Family and Morale, Welfare and Recreation Pet Kennel on Halawa Valley Street, here, you will park your car and open the door to the delightful cadence of canines at play.

After getting a greeting at the front gate from the friendly smile of kennel program manager Edwin Gonzalez, he will lead you down a walkway paved with painted paw prints, pointing you toward home – or at least the temporary home of all the canine keiki of military affiliated personnel staying here.

**Pet kennel growth, history**

Gonzalez explains a bit about the kennel and just why today is such an important day.

Opened in 2004, with a mere 20 kennels, the FMWR Pet Kennel exists to support military personnel and their pets by providing economical and exemplary boarding facilities for dogs and cats to be nurtured and cared for while their owners are away from the islands.

Over the years, the kennel has seen an exponential increase in demand for its services, calling for an increase to 74 kennels, and most recently, an upgrade to its current 192 kennels and its newest facility location – just right down the road from



Sgt. Christopher Brothers and his wife, Jennifer (left), check their “children” Gunny and Rapunzel into the new Family & MWR Pet Kennels facility on Saturday. Family & MWR Pet Kennels animal caretaker Heather Ettleman takes down the family’s information.

the original site, which it moved to in November 2014.

**Promoting well-being**

Gonzalez tells how the animals are kept in outdoor kennels and receive the chance to get out and run and exercise twice daily. This time also provides a great occasion for the pets to socialize amongst one another in a safe, controlled environment.

Gonzalez explains how important the animals’ well-being is to the kennel and its staff, assuring patrons that the “safety of the pets is a must here. That’s our priority.”

“We treat pets here like they’re family,” said Gonzalez. “We under-

stand that they are the ‘children’ of our service (members), and we take care of them as such.”

**The ribbon cutting**

On National Dog Day (April 11), Lt. Col. Ken Sanderson, executive officer, U.S. Army Garrison-Hawaii, arrived to lead a ribbon cutting ceremony dedicating the new facility and honoring its workers for all their hard work.

At the ribbon cutting ceremony, Sanderson affirmed Gonzalez’s claims.

“Everything done, here, all the hard work and care taken at the kennel, doesn’t go unnoticed,” Sander-



Edwin Gonzalez (center), Family & MWR Pet Kennels program manager, cuts the ribbon on Saturday. Lt. Col. Ken Sanderson, executive officer for U.S. Army Garrison-Hawaii, assisted in the dedication and delivered the keynote speech at the ceremony dedicating the newly expanded kennels.

son said. “I bring my own two Jack Russells, here, and they love it. They come in with a wagging tail versus dragging their feet. That’s how you know you can feel confident they are well cared for, and we can’t thank you enough.”

The ceremonial cutting of the ribbon followed the thanks and appreciation of Sanderson. Then, the ever-humble program manager gave a heartfelt thank you to his own staff of

animal caretakers for all the work they tirelessly commit to completing each and every day.

“We can do this together,” said Gonzalez, following it with the kennel’s creed, “One team, one fight!”

Surveying the smiles on the staffers’ faces, the confidence in the animal owners’ eyes and the healthy coats and springs in the step of the pups nearby at play, this is one fight FMWR Kennel is winning.

# April 25 open house to showcase base housing availability

Homes are open to retirees, Guard, Reserve, DOD civs

**ISLAND PALM COMMUNITIES**  
News Release

SCHOFIELD BARRACKS — Military retirees, members of the Guard and Reserve, and Department of Defense employees now have an opportunity live on post.

Island Palm Communities will host an open house at 10 a.m. to noon, April 25, at Helemano Military Reservation.

“We receive numerous calls from retirees and DOD employees asking if they can live on base,” said Tom Adams, director of property management for IPC. “They recognize the



Photo courtesy of Island Palm Communities

**Military retirees, members of the Guard and Reserve, and DOD employees are eligible to rent homes from Island Palm Communities. The April 24 open house at HMR will provide a first-hand look at new housing.**

value of living in one of our homes – from the convenience of living close to work to being part of a close-knit community with great amenities – and know that an affordable home and community is hard to find outside the gate.”

Two-bedroom up to five-bedroom homes currently are available on Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation.

Rent includes utilities, front and side yard lawn service, maintenance support, and access to IPC’s community center facilities. Units also are partly furnished with all major appliances, including a washing machine and dryer.

“Making homes available to a broader community that supports

our active duty service members with their mission at home and abroad brings a good diversity to our neighborhoods,” said Adams. “Our retirees and civilian workers have a sound understanding of the demands faced by military families, and we look forward to our new residents providing an extended level of support.”

## Points of Contact

For more information about the open house, call Island Palm Communities, toll free, at (877) 677-2063, or log on to [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com).



# Considering children as BRATs seems appropriate upon reflection

From the time I toddled around in droopy diapers, to the day I drove off to college in my VW bug, I lived in one small Pennsylvania town.

The kids who picked their noses next to me in Mrs. Rowley’s kindergarten class were the same ones who walked across the stage with me at our high school graduation.

I had one hometown, one high school, one brick house, one yellow bedroom and one best friend who I gabbed with each night on my one candlestick rotary phone while draped across my one mock brass twin bed.

By contrast, as a military child, our oldest went to three different high schools. He grew



## THE MEAT & POTATOES OF LIFE

**LISA SMITH MOLINARI**  
Contributing Writer

up in eight different homes, in three different states and two foreign countries. He has said goodbye to six different best friends, six different piano teachers and four different Boy Scout troops. He played on three different varsity football teams, and his academic transcripts are as complicated as the U.S. Tax Code.

Essentially, my son and his two younger sisters are total BRATS.

No, not that kind of brat. Although our kids have definitely displayed their fair share of unruly behavior, infuriating teen arrogance and near juvenile delinquency, I’m calling my kids “military BRATS,” which has an entirely different connotation.

**The origins**

Back in 1986, former Defense Secretary Casper Weinberger established April as the Month of the Military Child.

Military commands and communities will be holding special events honoring the 1.7 million children of military families.

Operation Military Kids, an organization dedicated to military children, asks that everyone “Purple Up!” as a

show of support – wear purple on April 30th to recognize the unique challenges military children face, such as deployments, family separations and frequent moves.

So, why am I calling my kids BRATS during the month of April?

Although it is fairly common knowledge that “military brats” are children of U.S. service members, few know the true origin of this term.

According to WilliamsburghMilitaryInsid-

See BRATs B-4



# USARPAC military spouses learn about sleep hygiene

**1ST LT. TIARA PADRON**  
U.S. Army Health Clinic-Schofield Barracks

**FORT SHAFTER** — Capt. Jason Judkins, the chief of Occupational Therapy at U.S. Army Health Clinic-Schofield Barracks, recently offered instruction to U.S. Army-Pacific (US-ARPAC) senior spouses about the importance of proper sleep hygiene and how to accomplish healthy rest cycles.

He emphasized that a majority of adults in military environments do not get enough sleep and that healthy sleep can improve heart functions, decrease weight, increase function of the brain, cause less pain and build a stronger immunity.

**Triad element**  
The phrase “Performance Triad” has gained popularity since its creation by Lt. Gen. Patricia Horoho, Surgeon General of the Army, and the launch of the pilot program in 2013.

Judkins focused on the importance of one of the three legs of the Performance Triad: sleep.

**What is the Performance Triad?**  
It’s simple in theory: healthy sleep, well-rounded nutrition and increased activity.

According to Judkins, getting healthy and plentiful sleep isn’t always easy, especially with life distractions.

“I believe that decreased sleep is a widespread problem for Soldiers and families in the military. With numerous deployments, irregular work hours, injuries and the everyday stressors of life, it’s easy to see how it can be difficult for an individual to obtain quality sleep.”



Photo courtesy of U.S. Army Health Clinic-Schofield Barracks

**Capt. Jason Judkins, chief of occupational therapy at the USAHC-SB, teaches USARPAC senior spouses the importance of proper sleep hygiene and how it relates to the Performance Triad, recently. Healthy sleep can improve heart functions, decrease weight, increase brain functions, minimize pain and build a stronger immunity.**

Judkins began his sleep hygiene class with sleep information and ended it with practical exercises and discussion. He taught that sufficient rest each night ensures optimal mental and physical performance.

**Research support**  
According to several studies, there are numerous benefits to adequate healthy sleep. Many individuals experience improved heart function, an overall decreased body weight, greater brain function, less pain and a stronger immune system.

Getting the recommended seven to eight hours of sleep a night is ideal, but mostly if you’re getting uninterrupted and healthy sleep.

Judkins also taught a few tips to help fall asleep quicker and rest better throughout the night.

**Recommendations**  
Judkins recommended the following:

- Create a dark and quiet environment.
- Avoid alcohol four to six hours before bedtime.
- Avoid caffeine six hours before bedtime.

- Maintain a routine sleep schedule.
  - Keep naps to 30-60 minutes in length.
  - Remove distractions like television, phones and computers.
- (Note: Padron is the clinic adjutant.)*

**Online**  
For more information on the Performance Triad, visit <http://armymedicine.mil/Pages/performance-triad.aspx>.



Lacey Justinger, USAG-Hawaii Public Affairs

**The author offers many new interpretations about the term “military BRATs” and how it pertains to modern military families.**

## BRATs: Success often a biproduct of military upbringing

CONTINUED FROM B-3

er.com, “B.R.A.T.” may be an old acronym for “British Regiment Attached Traveler,” used to describe dependents accompanying British Army members being stationed abroad.

Over the years, the term expanded and evolved to become a universal descriptor for kids who move with their military parents. Regardless of historical origins, the term military B.R.A.T. means many different things, both good and bad, to each military family.

The acronym B.R.A.T. might as well stand for all military parents’ fears that their kids will be Bewildered, Reluctant, Afraid and Timid after each move. We put them in new schools,

worried that they will be Bullied, Ridiculed, Abused and Taunted. Wracked with guilt, we feel Blameworthy, Remorseful, Apologetic and downright Terrible!

However, we military parents fail to remember that our BRATs are Brave, Resourceful, Amicable and Tolerant. After every move, they make new Buddies, form new Routines, find Acceptance and feel Triumphant.

But kids will be kids, even the military ones, so they milk our guilt for all it’s worth, and lead us to believe that they are miserable.

They Bellyache, Refute, Accuse and shed Tears. They claim that all the students in their new school are Buffoons, Rednecks, Airheads and Tramps. They tell us they might be able to

cope if they were given Bonuses, Riches, Allowance and Toys. And, we get suckered.

As the Bills, Receipts, Arrears and Taxes pile up, the stress causes Balding, Reflux, Anxiety and Tension headaches. Before you know it, we’re on Botox, Rogaine, Antacids and Tequila.

But regardless of the challenges of our military life, our children don’t succeed despite their military upbringing, they succeed because of it. And when they grow up and lead their own lives, they bring with them Beautiful Recollections of American Traditions.

As we celebrate the sacrifices and triumphs of military children this month, I’m proud when I say that our kids are most certainly, undeniably, complete and total BRATs.